

DDS EMPLOYEE NEWS

Governor M. Jodi Rell

Commissioner Peter H. O'Meara

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2007 Connecticut State Employees' Campaign for Charitable Giving Underway

Many of you have probably heard this before, but it is a message worth repeating. A dollar, two dollars, or more out of your paycheck will go a long way toward making our state and nation a better place to live. And it will help a lot of children and adults enjoy richer, healthier, happier lives.

Through your contributions, you can help homeless women and children get shelter in the dead of winter. You can support disease research and treatment; help combat hunger here in our state; help in land preservation and conservation; combat illiteracy among children and adults; help others overcome addiction; remove the obstacles of prejudice and ignorance; combat racism, sexism, and classism; prevent animal abuse; promote music, theatre, and the arts and help disadvantaged children and adults get the education and services they need to achieve the potential that lies within us all.

A dollar, two dollars, or more out of your paycheck will go a long way toward making our state and nation a better place to live.

Many worthy groups and causes probably solicit your attention and funds on a regular basis, but in terms of scope and quality of services, the *Connecticut State Employees' Campaign* offers one of the biggest values for your dollar.

By now you have received a Directory of Charitable Organizations and an enrollment form. It only takes a moment to look at the directory and complete your enrollment card. The automatic payroll deduction will begin in January 2008.

For additional questions, please feel free to contact this year's Department of Developmental Services (DDS) State Coordinator, Dan Micari, DDS Director of Quality Management Services at daniel.micari@ct.gov or (860) 418-6081.

Department of Developmental Services

www.ct.gov/dds

Central Office: 860-418-6000 ♦ North Region: 860-263-2500 ♦ South Region: 203-294-5049
West Region: 203-805-7400 ♦ Southbury Training School: 203-586-2000

DDS Employee News Contacts

Central Office: Joan Barnish, Lori Conchado ♦ North Region: Linda Schaefer ♦ South Region: Jolie Crescimano-Goss
West Region: Eunice Rivera ♦ Southbury Training School: Kathie Logan

Employee Assistance Program (EAP)

www.solutions-eap.com ♦ 24/7 Assistance ♦ 1-800-526-3485

Questions?

E-mail: Joan Barnish, Director of Communications ♦ joan.barnish@ct.gov or call 860-418-6044

Quit for a Day—Quit for Life

With the right support, smokers can boost the odds of a successful attempt at quitting tobacco. Consider the benefits of quitting:



- **20 minutes after quitting:** Your heart rate and blood pressure drops.
- **12 hours after quitting:** The carbon monoxide level in your blood drops to normal
- **2 weeks to 3 months after quitting:** Your circulation improves and your lung function increases.
- **1 to 9 months after quitting:** Coughing and shortness of breath decrease; cilia (tiny hair-like structures that move mucus out of the lungs) regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection.
- **1 year after quitting:** The excess risk of coronary heart disease is half that of a smoker's.
- **5 years after quitting:** Your stroke risk is reduced to that of a nonsmoker 5 to 15 years after quitting.
- **10 years after quitting:** The lung cancer death rate is about half that of a continuing smoker's. The risk of cancer of the mouth, throat, esophagus, bladder, cervix, and pancreas decrease.
- **15 years after quitting:** The risk of coronary heart disease is that of a nonsmoker's.

For more than 30 years on the third Thursday of November, the American Cancer Society has helped and inspired Americans to quit smoking. This year's Great American Smokeout[®] is on Thursday, Nov. 15. On November 15, Americans who smoke and want to quit to are urged to call the American Cancer Society's Quitline[®], a clinically proven, free telephone-based counseling program, at 1-800-ACS-2345, or to log on to www.cancer.org/greatamericans, to embark on a personal plan to quit.

The last DDS sponsored Smoking Cessation Workshop will be held Tuesday, November 13, 2007 at 2:00 p.m. at 104 South Turnpike Road, Wallingford. If you have any questions or would like to pre-register for this session, please contact Nancy Harnick at 860-418-6127 or nancy.harnick@ct.gov.

Planning to Retire?

Employees must notify their supervisor and Human Resources Director in writing at least **60 days** in advance of their planned retirement date to process a normal or early retirement application and **30 days** in advance, if possible, for a disability retirement application. (Retirement applications due to emergency or critical health situations may be processed with less notice.) Also, if you leave state service but will not be eligible to retire until a future date, be advised that your Vested Rights Retirement Application may take up to six months to process. Contact your Human Resources Office for more information.

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